



BEAUTOX BAR

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JUVÉDERM® DERMAL FILLER PRE- AND POST-TREATMENT INSTRUCTIONS

Juvéderm® hyaluronic acid dermal fillers soften lines, restore volume, and contour. Your provider will select the product that best fits your goals (Ultra XC, Ultra Plus XC, Volbella®, Vollure®, Voluma®, Volux®, and others as applicable).

Pre-Treatment Instructions (All Filler Areas)

A little prep goes a long way toward a smoother visit and less bruising:

- Avoid alcohol the week of treatment when possible — and at least 24–48 hours before.
- Avoid fish oil, ibuprofen/NSAIDs, aspirin, Vitamin E, and similar blood-thinning supplements the week of treatment if medically appropriate. Do not stop any prescribed anticoagulant without your prescribing clinician's OK.
- Consider Arnica Montana pellets 3–5 days before (dissolve 5–6 under the tongue daily). We sell Arnica in clinic, or pick it up at Whole Foods / your local co-op.
- No vaccines or dental work of any kind at least 30 days prior (hyper-inflammation / dental-related risks with filler).
- Tell your provider if you are pregnant or nursing, have allergies, a cold-sore history, autoimmune disease, prior filler, or a lidocaine allergy.
- Arrive with clean skin and minimize makeup on the treatment area.
- Questions? Call us at 763-205-6952.

Post-Treatment Instructions (Facial / Body Filler — Non-Lip)

Following these aftercare steps helps your results settle in comfortably:

- Ice briefly as directed for comfort. Do not massage unless your provider specifically says to.
- Avoid strenuous exercise and heavy heat/sauna for 24–48 hours (or 2–3 days as advised).
- Sleep elevated if you have swelling; avoid pressure on treated areas.
- Tylenol (acetaminophen) is OK for pain. Avoid ibuprofen/aspirin for the first 24–48 hours unless prescribed otherwise.
- Expect swelling, redness, tenderness, and possible bruising for several days — this is common.
- No vaccines for 30 days after. Minimize dental work timing per your provider (often about 2–4 weeks).
- Full settle often takes about 2 weeks. Contact the clinic for concerning pain, dusky/unusual color, vision changes (seek emergency care), or asymmetry that worries you.

Your follow-up appointment is scheduled for _____.

Lips — Prep Before You Primp

Lip filler has a few extra tips so swelling settles as smoothly as possible:

- Arnica Montana pellets 3–5 days before (5–6 under the tongue daily), as above.
- Week of treatment: no alcohol, no fish oil, no ibuprofen.
- No vaccines or dental work at least 30 days prior.

Lips — Aftercare (First 2–3 Days)

- No exercise / no sweating (sauna, hot tub, extreme heat).
- No pressure on the lips — sleep face-up (use pillows so you don't turn onto your side).
- No straws or puckering.
- Avoid masks that press on the lips; if a mask is required, change it frequently.
- No vaccines for another 30 days; no dental work for at least 2 weeks.

Lips Tips

- Pain: Tylenol is OK — NOT ibuprofen.
- Hydrate your lips with balm and drink plenty of water.
- Gentle sugar-scrub exfoliation is fine as skin stretches or peels — keep it gentle.
- It takes about 2 WEEKS for lips to settle. Be patient with early swelling!
- Lumps and bumps are normal early on. If they persist, come see us — hyaluronidase can dissolve filler if needed.
- We stand behind our work & we want you to love your lips!

Lip Filler Journey — First 2 Weeks

Here's a friendly look at how lips often feel and look as they settle. Swelling and bumps early on are common — full settle often takes about 2 weeks.

LIP FILLER JOURNEY

DAY 1



**MY LIPS ARE TOO SMALL!
I'M GETTING FILLER**

DAY 2 - 5



**SWOLLEN!
TAKE IT OUT!!!!**

DAY 3 - 4



**BRUISED
& MAYBE LUMPY**

DAY 5-7



**GETTING USED TO THEM,
I'LL START A NEW LIPSTICK!**

WEEK 1-2



I LOVE MY NEW LIPS!

> 2 WEEKS



**I MISS MY SWELLING.
TIME TO GET MORE FILLER!**